

In an emotional notification system, information about another party is entered into and stored in a terminal of a first party along with one or more data objects associated with the second party (such as an email from, to or about the second party, a file originated by the second party, etc.). Each time the first party activates at his terminal through an interface module a data object associated with a second party, a notifying message is sent to the second party to make the second party aware that the first party is devoting attention to the second party and to promote bonding between the two parties. The notifying message may take one of various, preferably unobtrusive forms, such as a vibration of a terminal belonging to the second party, which minimizes any distraction caused by the notifying message.